

# *MH Lessard*



Marie-Helen Lessard has been riding in competition, training horses and instructing riders in clinics and lessons across Canada for 30 years.

An EC Level II and a NCCP Level III Theory Coach, MH has a BA in Physical Education and a Bachelor of Education. She has successfully competed in numerous Horse Trials and 3 Day Events during the course of her competitive career and continues to compete in Dressage. MH and her mare, Rubadellic, were Eastern Ontario 3<sup>rd</sup> Level Champion in 2011.

Her exceptional foundation of experience and education also includes: Equine Canada Learning Facilitator and NCCP multi-sport Facilitator for the National Coaching Certification Program. MH is also an Equine Canada Dressage “r” Judge and “B” Dressage Steward. MH sits on the board of the Canadian University Riding Club Association, Dressage Canada, Equine Canada Competitions Committee and chairs the Dressage Canada Competition Committee. MH has also sat on the board of the Ontario Horse Trials Association.

MH has worked with riders of all ages and at all level of riding skills with many having successfully competed up to the Preliminary Level in both eventing and dressage under MH’s guidance. All her work stems from a philosophy of developing all-round athletes with solid basics to produce confident riders and horses.